

My Action Plan

My name:

Date:

Name of my doctor or clinic:

Phone number of my doctor or clinic:

Who to contact for me in case of an emergency (family member or friend to call):

(Name)

(Phone number)

Your Healthcare Plus: 1-800-973-6792

I can help myself feel better faster by knowing what to do when I first start to feel bad.

Steps my doctor has said I can take if I have health problems:

Health problem:

What to do if I have a problem:

I should talk to my doctor or Nurse Advice Line Right Away if I have (Have your doctor fill in this part):

I should ask my doctor about a diet plan (Have your doctor fill in this part):



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(continued from other side)

Kind of exercise	How long	How often

- Take all my medicines as my doctor tells me to.
Call my doctor if there is any problem with my medicines.
- Keep all my doctor visits and write down any changes in how I feel.
Tell my doctor about these changes at my next visit.
- Stop smoking or try to smoke less.
- Try to eat the way my doctor says will help me feel better.
- Follow my exercise plan and tell my doctor about any changes at my next visit.

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